Fall Awareness Programmes - Identifying Issues and Interventions for Older Adults

Falls are common among the ageing population in the UK and have serious mental, physical, and functional consequences.

- Fractures, bruises, and injuries
- Reduced mobility and functionality
- Loss of autonomy and independence
- Dependence on carers or family members
- Depression, social isolation, loneliness, and loss of self-confidence

Can a Falls Awareness Programme help prevent falls in older adults?

Falls Awareness Programme in South Wales using a mixed-methods design

- Outcomes assessed:
  - General health and well-being
  - Fall history
  - Fall concern

- 6 sheltered housing schemes (43%)
- 4 community venues (57%)
- 147 patients

The programme was well-received in both venues

- Accessibility to information about the programme
- Increased peer support through participatory nature of sessions
- Fun and interactive sessions with specialists
- Increased social interactions

Methods required to quantitatively measure improvements in physical and social activity levels. Tools required for frequent use to monitor impact, whilst minimising participant burden.

There is a significant need for customising falls awareness programmes for different groups of older adults and co-designing effective evaluation built into the programme.

A participatory mixed-methods evaluation of a falls awareness programme

Working with Older People
Elliott et al. (2020) DOI: 10.1108/WWOP-09-2020-0046

https://www.emeraldgrouppublishing.com/our-goals/healthier-lives